



## Health Information for Senior Citizens



NIH SeniorHealth

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)



designed the web-

site specifically with older adults' needs in mind. For example, the site features large type, and short, easy-to-read segments of information repeated in a variety of formats. Consistent page layout and prompts help older adults navigate the site without feeling lost or overwhelmed. To improve readability, the website makes it easy for users to change text size and color contrast.

Since the risk of many diseases increases with age, NIH Senior Health includes health topics that are of particular interest to older people—such as Alzheimer's disease, balance problems, shingles, diabetes, and glaucoma.

A special section features personal stories of seniors who regularly engage in exercise and physical activity, highlighting the benefits they get from such activities as weight lifting, jogging, yoga, dancing, and swimming.

Visit [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov) today and get accurate and up-to-date health and wellness information for people 60+.



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